Easy Fall Dinners: 5-Night Meal Plan

GROCERY LIST

Mon Ravioli Soup with Ground Beef · Tue French Onion Chicken · Wed Pasta with Vodka Sauce
Thu Creamy Pork Chops · Fri Mini Turkey Meatloaf

PRODUCE

- [ ] 2 small onions
- [ ] 1 head garlic (9 to 12 cloves)
- [ ] 1 large carrot
- [ ] 1 celery rib
- [ ] 3 to 4 oz fresh spinach
- [ ] Fresh thyme
- [ ] Potatoes for roasted gold potatoes (Friday)
- [ ] Fresh parsley or basil *(optional, for garnish)*
- [ ] Salad greens *(optional)*

MEAT

- [ ] 1 lb ground beef (85/15)
- [ ] 4 boneless, skinless chicken breasts (about 1½ lb)
- [ ] 4 boneless pork loin chops, about 1 inch thick (1½ to 2 lb)
- [ ] 2 lb ground turkey (85/15)

DAIRY AND EGGS

- [ ] 1½ cups half and half
- [ ] Butter (5 tablespoons total)
- [ ] 6 to 8 slices provolone
- [ ] Parmesan, for the pasta and for serving
- [ ] 1 large egg
- [ ] Refrigerated mashed potatoes *(optional shortcut)*

CANNED AND DRY GOODS

- [ ] 1 (14 oz) can diced tomatoes, fire-roasted
- [ ] 1 (28 oz) can diced fire-roasted tomatoes
- [ ] 1 (15 oz) can tomato sauce
- [ ] 1 (10.5 oz) can condensed French onion soup
- [ ] 6 cups beef broth
- [ ] 2 cups chicken broth
- [ ] 16 oz penne or other tube pasta
- [ ] 1 cup plain panko breadcrumbs
- [ ] 1 packet onion soup mix
- [ ] ½ cup vodka
- [ ] Rice *(optional, for Tuesday or Thursday)*

FROZEN

- [ ] 12 oz frozen cheese ravioli
- [ ] Frozen green beans or broccoli *(optional)*
- [ ] Texas toast *(optional shortcut)*

BAKERY

- [ ] 1 baguette
- [ ] Crusty bread or rolls

CHECK YOUR PANTRY

- [ ] Olive oil and canola oil
- [ ] All-purpose flour
- [ ] Salt, black pepper, Italian seasoning, garlic powder, onion powder, crushed red pepper
- [ ] Ketchup, steak sauce, Worcestershire sauce